



Customer Focus on Loss Control

Innovative Safety and Health SolutionsSM

Dos And Don'ts When Your Back Is Hurting

Sitting

Avoid sitting. If you must sit, get up and move around every twenty minutes. Sit with your knees at hip level or slightly higher than your hips. Use a small towel rolled behind your back to add support in the lumbar (waist) area.

Standing

Stand with one foot in front of the other with knees slightly bent. Or place one foot on a stool. This position will reduce the pressure on your lower back.

Lying

Use the resting position frequently. Sleep on a firm mattress. The floor is too firm. Sleep on your back with pillows under your knees, or sleep on your side with knees bent and a pillow between your knees. When rising from a lying position, use your arms for support; roll first to your side, and then push yourself up with your arms.

Driving

Bring your car or truck seat forward to a position where your knees are slightly higher than your hips. Use a towel roll, magazine roll, or backrest for support.

Lifting

Avoid lifting. If you must lift, put one foot in front of the other. Bend to the floor and keep the object(s) as close to you as possible. Use the strength in your legs instead of your back.

Activity

Stay as active as possible. Muscles tighten and stay in spasm if they are not allowed to stretch. Walking is a good exercise for low back pain.

